

# Breakfast Cart



## How do Breakfast Carts Work?

Breakfast carts act as mobile serving areas for breakfast. Instead of having the students come to the cafeteria for breakfast, breakfast is brought to them. Grab n' Go breakfasts work best with a breakfast cart. Breakfasts can be prepackaged; however, some schools offer choices from their breakfast cart. The general rule is the food has to be portable and easy to grab.

Schools typically put their breakfast carts in high traffic areas such as the main entrance, hallway, outside the front door, or near the gymnasium. Wherever the students congregate is where the cart is located. Carts usually have a computer with software to facilitate the process of counting the number of breakfasts served. Carts are filled with breakfast items, including milk from the cafeteria and then taken to the location outside the cafeteria. A food service staff operates the cart before school, during morning break, or between classes, depending on the school.

Carts can be purchased for a reasonable cost and milk coolers are available from the Milk Marketing Board. Wireless laptop computers can be helpful, too. There is almost no other added cost or time for the food service staff to assemble and serve breakfast. Students are responsible for their trash and following school rules as to where and when they can eat their breakfast.

## Why Use Breakfast Carts?

Most importantly, when you use a breakfast cart to serve breakfast, more students eat breakfast. Many middle and high school students would rather socialize with friends than eat breakfast. Schools find that by bringing breakfast to the students, more students eat breakfast because they do not need to leave their friends to get breakfast. Breakfast carts mean that students do not need to choose between socializing and eating breakfast. Breakfasts served from a cart are convenient for food service staff and take less time to prepare than traditional breakfasts. Because breakfasts are Grab n' Go, breakfast carts allow schools to serve breakfast quickly to more students.

## When Does Using a Breakfast Cart Work Best?

Using a breakfast cart works particularly well in middle and high schools, but it has also been successful in elementary schools. Here are some other qualities where using a breakfast cart is likely to be particularly successful:

- The cafeteria is located apart from where students tend to be.
- Custodial staff are supportive of serving breakfast at school.
- The breakfast menu can easily be made into Grab n' Go breakfasts.
- There is one main area of the school where students tend to gather.
- The cafeteria tends to be congested or is too small to serve breakfast.